

10 Tips for Taking a Break on Term Break

Term break does not have to mean spending all of your time stuck at your desk. In fact, it's important to make some time during your term break to rest and recharge so you can finish the semester strong. If you've had a busy semester, it can be hard to even know where to begin when it comes to hitting the pause button on your studies, so check out some of these handy suggestions to help you decide how to relax this week!

1. **Read**- Just for fun! Check out a public library or find a local coffee shop for a change of scenery while you read.
2. **Discover a new hobby** - Whether it's sewing, running, skiing, or growing houseplants, finding a new hobby can be exciting and relaxing
3. **Practice mindfulness** - Learning to observe your thoughts and feelings can help reduce the impact of stress
4. **Connect with friends and family** - Even if you are unable to be with your friends and family during this week, send them a text or phone call and let them know that you are thinking of them.
5. **Cook or bake something** - Whether it's a new recipe or simply your favorite, treat yourself to some delicious food
6. **Volunteer** - Volunteering is a great way to give back and find meaning in something new
7. **Shop local** - Consider supporting local businesses and discovering unique items
8. **Move your body** - Try out a new sport, sign up for an exercise class, go walking, or practice yoga
9. **Listen to music** – It can strengthen memory and boost your mood!
10. **Develop a skill** - Developing your skills may increase your creativity and enjoyment, whether it's something new or enhancing something that you already do

Remember, the academic year is a marathon, not a sprint. Pacing yourself is important to prevent burnout later in the semester (or beyond!). Make it a priority to give yourself some time reset this week and connect with supports.